

**Para Todos
Facilitator Guide
DVD 1—Chapter 3
Mental Health**

Dear Facilitators:

The purpose of this chapter is to offer information about mental health, learn how to recognize symptoms, and promote mental health within our families.

Chapter Goals:

1. To learn to recognize mental health problems that frequently can affect our families.
2. To help parents recognize symptoms that can indicate mental illness.
3. To help parents promote mental health.
4. To motivate parents to seek help for mental health problems.

Suggestions for Guest Speakers:

To enrich the session, the facilitator could invite the following experts:

- School counselor
- Social worker
- Mental health professional
- Health educator.
- Member of faith community

VIDEO, PART I

Main Concepts:

The following concepts are presented in the first section:

1. Mental health is something we all need to attend to.
2. It can be difficult to talk about mental health problems and this can prevent us from seeking professional help.
3. Mental health problems can be just as serious as, or even more serious than, physical illnesses. These problems can affect adolescents as well as adults.
4. Another important reason some of us do not seek professional help is a lack of health insurance and the lack of resources to pay for such expenses.

Participants should understand the following important points:

- When mental health problems are ignored they can become more serious and have dangerous consequences.
- One out of every five adolescents has a diagnosable mental health problem. Unfortunately, most of them do not receive the help they need. (Mental Health: A Report of the Surgeon General, 1999).
- Professional help can be extremely beneficial and effective, especially when mental health problems are addressed early on.
- Mental health problems can lead to drug or alcohol use.

PAUSE FOR DISCUSSION #5

Ask the participants to respond to the following questions:

- Why is it difficult to recognize mental health problems in our families?
- How do mental health problems affect Latinos?
- Do you think mental health problems can be cured?

The following are some suggested responses:

- Usually we do not talk about mental health problems or share these problems outside the family. Often, we do not even have a clear understanding of what these problems are.
- Mental health problems can make a person feel sad, anxious, tired, useless, and desperate. These negative feelings may lead people to give up and isolate themselves from others. People who suffer from mental illness have a tendency to get involved in high-risk activities such as illicit drug abuse.
- Most mental health problems—even the most serious ones—can be treated appropriately with professional help. Let your doctor know about your worries and ask for a referral to a mental health professional.

VIDEO, PART II

Main Concepts:

The following topics are presented in the second section:

1. Mental illness and its causes.

2. Anxiety and its causes.
3. Depression, its causes, and the difference between sadness and clinical depression.

PAUSE FOR DISCUSSION #6

Participants respond to the following question:

- How can we tell the difference between a child who is sad and one who is dealing with anxiety or clinical depression?

VIDEO, PART III

Main Concepts:

The following topics are covered in the third section:

1. The problem of suicide among adolescents and within the Latino community.
2. The importance of family support in confronting these problems.
3. Factors that lead to suicide and how to identify warning signs that our children are thinking about committing suicide.

Note to facilitator: Provide participants with resources where they can obtain further help.

Dramatization: Mi Barrio

In this dramatization, we see a father asking a mental health professional for help. He is worried about his 15-year-old daughter, who is apparently suffering from depression. Although her father does not know for sure, he suspects the situation is serious. In this section, we go over some of the signs of depression, such as lowered grades, frequent crying, withdrawal from friends, and neglect of one's appearance. The father is worried but he does not know what to do. The mental health professional offers to do an evaluation and explains that all medical treatment is confidential. She states that the most important thing is to seek help immediately, before the problem becomes worse.

PAUSE FOR DISCUSSION #7

Participants respond to the following questions:

- What did you think of the dramatization?
- What other options does the father have?

- What can we do if we suspect our children are thinking about suicide?
- What programs and community resources are available to the participants?

VIDEO, PART IV—CONCLUSION

Main Concepts:

This section covers the following topics:

1. Learning disabilities and attention disorders such as hyperactivity, the causes of these problems, and ways to overcome them.
2. Eating disorders such as anorexia, bulimia, and obesity, as well as the causes and ways to overcome these problems.
3. Behavior problems can escalate to vandalism, antisocial activities, and violence.
4. Eight out of every 10 patients with mental health problems who receive professional help are able to successfully return to the community.

Optional Activities:

Next, we offer suggestions for group activities that are not included in the video. If you would like to tell us how the activity worked with your group, or suggest ideas for additional activities, please contact us at webmaster@hablemos.samhsa.gov.

Note to facilitator—Provide a list of easily accessible local resources. Ideally, the list should include addresses, telephone numbers, hours of operation, and most importantly, whether Spanish-language services are available. The following are some resources that might be useful:

- To find a substance abuse treatment center near you, visit <http://findtreatment.samhsa.gov/> or call 1-800-729-6686 and ask to speak with an information specialist.
- To find a mental health services center near you, visit <http://www.mentalhealth.samhsa.gov/databases/> or call 1-800-789-2647.
- To find assistance for a suicidal crisis, visit <http://www.suicidepreventionlifeline.org/> or call 1-800-273-TALK.

ACTIVITY #1: Getting Help

Goal: To increase the participants' comfort level in discussing mental health topics.

- **Ask** participants to provide reasons why some families may not seek help for mental health problems.
- **Make** a list of the ideas presented.

The following are some suggested responses:

1. They are afraid of what others might think or say.
 2. Lack of knowledge of treatment costs.
 3. Lack of medical insurance.
 4. Lack of information.
 5. They believe that they must handle these types of problems on their own.
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- Ask participants for ideas on overcoming these barriers and how to obtain help for mental health problems.
 - Make a list of the ideas presented.

The following are some suggested responses:

1. Get information about mental health issues and available help.
 2. Talk to families that have experienced mental health problems.
 3. Ask a trusted friend for help.
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- **Provide a list of easily accessible local resources.** Ideally, the list should include addresses, telephone numbers, hours of operation, and most importantly, whether Spanish-language services are available. The following are some resources that might be useful:
 - To find a substance abuse treatment center near you, visit <http://findtreatment.samhsa.gov/> or call 1-800-729-6686 and ask to speak with an information specialist.
 - To find a mental health services center near you, visit <http://www.mentalhealth.samhsa.gov/databases/> or call 1-800-789-2647.

- To find assistance for a suicidal crisis, visit <http://www.suicidepreventionlifeline.org/> or call 1-800-273-TALK.

ACTIVITY #2: Help for Depression

Goal: To increase understanding of the signs of depression.

- **Ask** participants to make a list of changes that a person undergoes if he/she becomes depressed.

The following are suggested responses:

1. Emotional changes
 2. Changes in activity level
 3. Physical changes
 4. Mental changes.
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- **Emphasize** the importance of obtaining help.
 - **Provide a list of easily accessible local resources.** Ideally, the list should include addresses, telephone numbers, hours of operation, and most importantly, whether Spanish-language services are available. The following are some resources that might be useful:
 - To find a substance abuse treatment center near you, visit <http://findtreatment.samhsa.gov/> or call 1-800-729-6686 and ask to speak with an information specialist.
 - To find a mental health services center near you, visit <http://www.mentalhealth.samhsa.gov/databases/> or call 1-800-789-2647.
 - To find assistance for a suicidal crisis, visit <http://www.suicidepreventionlifeline.org/> or call 1-800-273-TALK.